

WRIGLEYS



"Give it to me, please, Granddaddy."

"Why Bobby, if you wait a bit for it you'll have it to enjoy longer!"

"Poo-poo! That's no argument with WRIGLEYS 'cause the flavor lasts, anyway!"

—After every meal



Comparative Sights.
"You should have seen the rosy flush on her cheek."
"You should have seen the straight one in my hand."

Paternal Piquancy.
"Say, pop, do airplanes fight in the war zone?"
"No, my son; they fight in the ozone."

Meat is as Necessary as Steel and Ships

Food is the first essential of the fighting forces.

The American farmer and the packer have met every war emergency, and have promptly furnished an adequate supply of wholesome meat.

No other industry can claim a better record of war time efficiency.

Swift & Company has shipped to the United States Government and the Allied Nations,

Over 12,000,000 Pounds (400 carloads) per week, of beef, pork, and lard, since January 1, 1918.

In one week recently we shipped 24,000,000 Pounds (800 carloads) and the demand is increasing.

Our profits are limited by the Food Administration to 9 per cent on investment in the meat departments. (This means about 2 cents on each dollar of sales.) No profit is guaranteed.

We are co-operating with the Government to the best of our ability.

Swift & Company 1918 Year Book, containing many interesting and instructive facts, sent on request.
Address, Swift & Company,
Union Stock Yards, Chicago, Illinois

Swift & Company
U. S. A.

THE KITCHEN CABINET

Let us learn to be content with what we have, let us get rid of our false estimates, set up all the higher ideals; a quiet home, vines of our own planting; a few books full of inspiration of a genius, a few friends worthy of being loved and able to love us in return.
—David Swing.

FOR MEATLESS DAYS.

Beans, nuts and various vegetable combinations which take the place of meat may be used to furnish variety. Such foods as dried peas, beans and lentils, need soaking with long, slow cooking. The addition of soda to soften the cellulose is often a help.

Bean Chops.—Soak a pint of dried beans overnight, parboil and drain, then cook in boiling water to cover until tender. Put through a sieve and to the pulp add two cups of strained tomatoes to which a pinch of soda has been added, two tablespoons of melted butter or olive oil, one cupful of finely chopped walnut meats, a pinch of powdered sage, one teaspoonful each of parsley and onion finely minced, one teaspoonful of salt, a dash of pepper, a half cupful of bread crumbs, and a well-beaten egg. Turn into a shallow dish and when cold mold into chops. Brush with oil and brown in a quick oven.

Nut Loaf.—Crumble the inside of a loaf of bread, then dry in a slow oven without browning. To three pints of the crumbs, measured before drying, add a teaspoonful of salt, a half teaspoonful of pepper, a dash of cayenne and two tablespoons each of sage and parsley finely minced, a sprinkling of summer savory, two cupsful of chopped celery and one sour apple finely minced. Melt a third of a pound of sweet fat and fry in it for five minutes one chopped onion. Pour this over the other ingredients and mix thoroughly. Beat three eggs, add a pint of milk and pour over the mixture. Add one cupful each of chopped filberts, pecans and Brazil nuts. Reserve a tablespoonful of the nuts to serve in the sauce. Shape into a loaf and bake an hour, basting often. For the sauce: Melt three tablespoonfuls of butter, add a chopped onion and half a cupful of milk and three tablespoonfuls of flour, cook until brown, add a pint of milk, nuts, and a cupful of the liquor from the pan in which the loaf was cooked. Cook until smooth. Pour around the loaf and garnish with slices of orange. The sauce may be served in a separate dish if so desired.

Honey Bran Cookies.—Take a half cupful of honey, the same amount of sugar, a fourth of a teaspoonful of cinnamon, the same of ginger, three cupfuls of bran, a half teaspoonful of soda, half a cupful of milk, half a cupful of fat, and half a cupful of barley flour. Drop on buttered sheet and bake 15 minutes.

Honey Popcorn Balls.—Heat honey to 240 degrees F. with a candy thermometer. This dispels the water and it will be hard when cool. Honey, however, absorbs moisture when left uncovered, so the balls should be kept closely covered or reheated before using.

Honey Caramels.—Take two cupfuls of granulated sugar, a half cupful of cream, a fourth of a cupful of honey, a fourth of a cupful of butter. Beat and stir until the sugar is dissolved, then cook without stirring until a firm ball is made when a little is dropped into cold water. Beat until thick, then pour into buttered pans and cut in squares. Pecans or other nuts may be added.

Honey Orange Marmalade.—To two cupfuls of orange pulp and juice allow one cupful of honey, add one-half cupful of finely shredded peel, then cook until thick.

Sliced oranges and bananas sweetened with strained honey make a delicious dessert or a fruit salad to serve with small cakes as a finish to the meal.

Salad Dressing.—Take four egg yolks, two tablespoonfuls of vinegar or lemon juice, two tablespoonfuls of butter and two tablespoonfuls of honey, a fourth of a teaspoonful of mustard, a teaspoonful of salt and a few dashes of paprika with a cupful of cream. Beat the cream. Add the beaten eggs to the other ingredients and cook carefully until thick, then add cream and set away to cool. When serving, add whipped cream.

They are as sick, that surfeit with too much, as they that starve with nothing—Shakespeare.

SWEET AS HONEY.

Honey will be more popular this year than ever, and many of our small farmers will feel called upon to increase their apiary; or, if not keeping bees, buy a few hives to keep the family in sweets for the year. There are government bulletins to be had for the asking on the culture and care of bees, as well as on honey dishes for the housewife. The man or woman, even if financially able to purchase food at any price, is feeling the need to get out and produce something in his own garden—foods wheat for flour, sugar beets, baby beef, honey or maple sirup. There is a vast field for the patriotic citizen to do his bit in this way. Many women are raising sheep, as wool will be more and more scarce. Two chickens for every member of the family, even on a small city lot is the slogan of the poultry men, whom Uncle Sam is providing for every state.

Bees are not of necessity a farm animal, for these busy workers will be happy in the attic of a city home, there producing 60 to 80 pounds of honey from one hive. The extracted honey is the kind available for use in cookery, while the comb honey is liked for its flavor and table use.

Honey Mousse.—Beat four eggs slightly and pour over them very slowly one cupful of hot honey; cook until the eggs are thick, add a pinch of salt, and when cooked, a pint of cream whipped. Put into mold and pack in ice and salt. Let stand three or four hours to ripen.

Honey Custard.—Beat four eggs, add a quart of milk, one-half cupful of honey, one-eighth teaspoonful of powdered mace, one-fourth teaspoonful of salt; mix well and bake in cups set in hot water. Test the custard with a knife; when firm to the tender, remove at once and place in cold water. Custards that are overcooked are watery and unpalatable.

Honey Ice Cream.—Take a quart of thin cream, three-fourths of a cupful of honey, a few drops of almond extract and a few drops of rose water; freeze as usual.

Salad dressing of fruit is especially nice using honey and fruit juice mixed for the dressing. Oil may be added if desired.

He hath never fed of the dainties that are bred in a book; he hath not eat paper as it were; he hath not drunk ink.—Shakespeare.

TIMELY HINTS.

Now that it is a part of our expression of loyalty to our country in war for us to economize in every way possible to save food, even with money to buy the surplus, it is a good time to cut down on our own eating. The average over weighted individual beyond thirty could easily cut out one-third of the food eaten. We have by over-indulgence so stoked the furnace that it seems dissatisfied unless the usual amount is eaten.

When the excretory organs are over-worked the liver stored with fat and the kidneys and skin stored with waste, the body cannot do its work without the food, chewing it until it "swallows itself," as Fletcher says, less food would be eaten, less waste would result and there would be the assimilation of all the food eaten, which is a most important item when we are asked to save food. Any woman who carries one pound excess of weight is robbing our country of its needed food. Know your height, know your weight and act accordingly.

It takes will power to overcome a habit of long standing, but with determination and the desire to do her part in this, our war, the women of America will not be found "nacking."

Eat plenty of vegetables, the salts and mineral matter which they contain are most essential to keep the blood in good condition and the body strong and well.

Make a better and bigger vegetable garden this year, have a variety of vegetables for each day and can any surplus while it is still fresh from the garden. Dandelion greens are especially fine canned. They should be put into the cans within an hour from the time they have been growing.

Fruits as well as vegetables contain mineral salts and acids necessary to keep the body in good condition. Children should not be restricted as to fruits and vegetables, they need the iron, lime and a dozen other mineral salts found in such foods to build strong bodies. Serve water cress, pepper grass, spinach and dandelion instead of sulphur and molasses or drugs for the "spring fever."

Nellie Maxwell
Winona, Minn., dealers sell muskrat meat at 7 cents a pound.

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Mothers Know That Genuine Castoria
Always Bears the Signature of *Dr. J. C. H. H. H.*
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IS HUMANITY'S GREATEST FOE
It is always a terror to old people and a menace at some time or another to every human being, young or old. It is the forerunner of more ill and suffering than almost any of NATURE'S DANGER SIGNALS and should never be allowed to go unheeded. At the very first indication of constipation get **DR. TUTT'S LIVER PILLS** which for 72 years has been successfully used for this most prevalent of all disorders. For sale by druggists and dealers everywhere.

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You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, SPOHN'S is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell SPOHN'S at 50 cents and \$1 a bottle, \$5 and \$10 a dozen.
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Outcure Beauty Doctor
For cleansing and beautifying the skin, hands and hair, Outcure Soap and Ointment afford the most effective preparations. For free samples address, "Outcure, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

A woman usually has a rug in front of the mirror to cover the hole in the carpet.

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Apply treatment yourself. Small expense. Write for free booklet on Abortion, "Questions and Answers." State number of cattle in herd.
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A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. Sold at 50¢ and \$1.00 a bottle.

W. N. U., CINCINNATI, NO. 16-1918.

Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada
CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than May 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to:
U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR
CLEVELAND, OHIO

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